



ROYAL OAK
INSIGHT



YOUR
SCHOOLS

City of Royal Oak, Royal Oak Recreation and Royal Oak Schools Newsletter

SPRING 2021

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A COMMUNITY COLLABORATION:



Royal Oak
Life Now Playing



ROYAL OAK SCHOOLS
A COMMUNITY OF EXCELLENCE



RECREATION



Browse through the variety of programs offered for youth and adults.



Sports Starters (ages 3 - 5)

A fun introduction to individual sports skills. Various balls, bean bags and hula hoops will be used to help your toddlers understand and execute the skills of running, catching, throwing, and kicking. Class emphasis is on participation, effort and FUN! **Wear a mask**, bring a water bottle and wear gym shoes. All CDC guidelines will be followed. Instructor: Leisure Unlimited, Coach Dave (www.leisureunlimited.net). Minimum 9 students.

Wednesday at Salter Community Center

April 21 - May 26, 4:00 - 4:45 pm **YA 2001**

Fee: Res. \$72; Non-Res. \$77 / 6 weeks

Kiddie Sports and Games (ages 4 - 6)

Introduce your youngsters to a variety of sports including soccer, lacrosse, floor hockey, tee-ball, volleyball, pickleball, kickball, football and a few surprises! We teach sports fundamentals with fun, progressive drills and games. Children improve their individual skills and work at their own pace. Emphasis is on teamwork and effort. **Wear a mask**, bring a water bottle and wear gym shoes. All CDC Guidelines will be followed. Instructor: Leisure Unlimited, Coach Dave. (www.leisureunlimited.net). Minimum 9 students.

Wednesday at Salter Community Center

April 21 - May 26, 5:00 - 5:55 pm **YA 2002**

Fee: Res. \$72; Non-Res. \$77 / 6 weeks

Youth Basketball (ages 7-11)

Jump into the fast-paced game of basketball. For the beginning and intermediate player. Using progressive drills and games, players will learn dribbling, passing, positions, shooting techniques and defenses. Kids may scrimmage if permitted. Emphasis is on effort, teamwork and sportsmanship.

Wear a mask, gym shoes, and bring a water bottle and a ball (ball is optional). All CDC guidelines will be followed. Instructor: Leisure Unlimited, Coach Dave (www.leisureunlimited.net). Minimum 9 students.



Wednesday at Salter Community Center

April 21 - May 26, 6:10 - 7:05 pm **YA 2003**

Fee: Res. \$72; Non-Res. \$77 / 6 weeks

TumbleBunnies Gymnastics

www.tumblebunnies.com

Itty Bitty Bunny – ages 18 months - 2 years

This fun, energetic class has **parents working with their child** that is filled with a variety of activities such as gymnastics focused warm-ups, movement to music, many activities on a ton of equipment such as octagons, wedge mats, trampoline, bars and much more. Comfortable clothing is all that's required. Minimum of 8, maximum of 12 students per session. **Parents must wear a mask.**

Tuesday at Salter Community Center

April 13 - June 1, 9:30 - 10:00 am **YA3009**

Fee: \$106 / 8 weeks

Saturday at Salter Community Center

April 17 - Jun 12, 9:30 - 10:00 am **YA3001**

Fee: \$106 / 8 weeks

No class May 29



TumbleBunnies Gymnastics – ages 3 and older

Students will be introduced to the wonderful world of gymnastics by using equipment such as balance beams, bars, trampoline, vault, octagons, wedge mats and so much more. Our classes are fun, fast moving and challenging. Our enthusiastic instructors will make each child feel special and encourage them to do their very best. Each session is non-repetitive throughout the session and filled with all new skills and drills. Comfortable clothing is all that is required. Minimum of 8, maximum of 12 students per session. **Parents and students must wear masks.**

Tuesdays, April 13 - June 1 at Salter Community Center

Fee: \$106 / 8 weeks

Bizzy Bunnies, 3 - 5 year olds, 10:15 - 10:45 am **YA3010**

Saturdays, April 17 - June 12 at Salter Community Center

Fee: \$106 / 8 weeks *No class May 29*

Bizzy Bunnies, 3 - 4 year olds, 10:15 - 10:45 am **YA3002**

Happy Hoppers, 5 - 7 year olds, 11:00 - 11:30 am **YA3003**

Our Department receives federal funds from the US Department of the Interior. Accordingly, all activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program
National Parks Service
PO Box 37127
Washington DC 20013-7127

Youth Dance

Appropriate levels of dance will be offered to students age 3 and up. Non-recital dance workshops. **Classes are held at the Salter Community Center.** Class sizes will be a minimum of 8 and a maximum of 12 dancers. Instructors work for Premiere Music and Dance. **Classes begin Tuesday, April 13, 2021!**

Masks will be required for all dancers during class and at all times while in the building.

LITTLE DANCERS: Clapping and counting, singing and skipping, enjoying the music and making new friends, this is what our preschool classes are about. We work on improving large motor skills, listening to directions, learning to take turns and cooperating as a group. Learning and fun go together with these classes.

INTRO TO DANCE: K-2nd graders enjoy learning basic terminology, body positions and beginning dance combinations with music designed to be familiar and fun for their age group. This class covers ballet, stylized jazz, Broadway style song and dance.

HIP HOP JAZZ: Students will enjoy an energetic warm up, isolation and pop'n'lock hip hop moves, traditional jazz turns, jumps, floor work and progressions. We pay special attention to ensure that our music selection and choreography is appropriate for our students at each age level.



Youth Dance Class Schedule Salter Center

Fee for each class is \$64 / 8 weeks.

Tuesdays, April 13 - June 1	Instructor: Miss Julia
5:00-5:45 pm	Little Dancers, 3 & 4 year olds YD1006
6:00-6:45 pm	Intro to Dance, K-2nd grade YD1007
7:00-7:45 pm	Hip Hop Jazz, 2nd-4th grade YD1008

Wednesdays, April 14 - June 2	Instructor: Miss Tiffany
5:00-5:45 pm	Little Dancers, 4 & 5 year olds YD1014
6:00-6:45 pm	Intro to Dance, K-2nd grade YD1015
7:00-7:45 pm	Hip Hop Jazz, 5th grade & up YD1016

Thursdays, April 15 - June 3	Instructor: Miss Julia
5:00-5:45 pm	Little Dancers, 3, 4 & 5 year olds YD1019
6:00-6:45 pm	Intro to Dance, K-2nd grade YD1020
7:00-7:45 pm	Hip Hop Jazz, 2nd-4th grade YD1021

Are You Ready for Some Football or Cheerleading?

If so, Royal Oak Youth Football is looking for you!

We promote sportsmanship, dedication and team work, all in a family fun environment.

We offer youth football and cheerleading for children ages 6 - 13.



Visit our website for registration information, requirements and football camp:

www.royaloaktitans.org

Activity Cancellation

Due to bad weather – 248-246-3187

When Royal Oak Schools are closed, Recreation Department classes held in school facilities are cancelled.

Special Thanks

A special thanks to the Royal Oak School District for the excellent City-School cooperation which allows us to provide numerous activities in school facilities.

Who to Contact

John Lindell Ice Arena	248-246-3950
Swimming	248-435-8500 ext. 1148
Metro Detroit Youth Clubs – Jack & Patti Salter Club (formerly Boys and Girls Club of SOC)	248-544-4166
RO Sandlot League	www.royaloaksandlot.com
Royal Oak Football Club (Youth Soccer)	www.royaloakfc.com
Royal Oak Titans (Youth Football)	www.royaloaktitans.org
Royal Oak Hockey	www.royaloakhockeyclub.com



**Masks
required**



**Class sizes
limited**



**Registration
required**



**Stay home
if sick**



Four Seasons Preschool provides a safe and caring environment where children feel secure and learning is a positive experience. Our goal is to have the children leave the program with a positive sense of self, a joy of learning, and the skills they need to enter kindergarten.

Learning takes place through the use of many hands-on activities based on a developmentally appropriate curriculum. The children are taught using a theme based approach. As each new interesting theme is introduced the children's natural curiosity and joy of learning is enhanced and their knowledge expanded in a variety of areas.

Four Seasons Preschool understands the importance of playtime, because children learn through play. Children also need space and plenty of materials on hand to explore and manipulate to enhance their learning experience. These needs are met in a very large classroom filled with many materials that encourage creativity, dramatic play, science experimentation, construction, fine and gross motor development and socialization skills.

Preschool should be a lot of fun and a great experience for children. We realize this and plan a curriculum that is interesting and enjoyable for the children.

We are located in the Mahany/Meininger Senior Community Center, 3500 Marais (1 block north of 13 Mile, 3 blocks east of Crooks).

Registration for the 2021-2022 school year is available at
www.royaloakrec.com

2021 - 2022 Class Schedule and Pricing

Tues/Thurs Morning, 8:30 - 11:00 am

PRE2021-R3

FULL

Tuition for our morning 2-day a week program is \$1,072. This includes a non-refundable registration fee of \$100 and three installments of \$324.

Mon/Wed/Fri Morning, 8:30 - 11:00 am

PRE2021-R1

FULL

Tuition for our morning 3-day a week program is \$1,609. This includes a non-refundable registration fee of \$100 and three installments of \$503.

Mon/Tues/Wed/Thurs Afternoon, 12:15 - 2:45 pm

PRE2021-R2

**LIMITED
OPENINGS**

Tuition for our afternoon 4-day a week program is \$2,146. This includes a non-refundable registration fee of \$100 and three installments of \$682.

Four Seasons Preschool is licensed by the State of Michigan

www.fourseasonspreschoolonline.com





PLEASE REGISTER EARLY
to ensure your spot in class. Any classes
not meeting minimum enrollment requirements
three business days prior to start date may
be subject to cancellation.

Low-Impact Workout **Great for Beginners!**

Need to restart your exercise program? Perform simple low-impact, joint-friendly moves to burn calories, condition your body, and improve balance and functional fitness. Get a motivating workout to music without complicated choreography. Bring a mat for floor work (chairs are available for modified floor work) and water. Light hand weights are optional. Maximum 24 students.

Thursday, 6:20 - 7:15 pm Instructor: Angie M

April 15 - June 3 at M/M Senior/Community Center **FF2002**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

Fit Mix

This class includes the essential components of fitness: cardio, strength, core and flexibility. Cardio portion includes warm-up, aerobic drills and combos. Hand weights are used during strength segment, followed by core work and a series of controlled, static stretches to enhance range of motion and release stress. Bring a mat, hand weights and water. Maximum 24 students.

Monday, 5:50-6:45 pm Instructor: Karen B

April 12 - June 7 at M/M Senior/Community Center **FF2005**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

No class May 31

Wednesday, 5:50-6:45 pm Instructor: Karen B

April 14 - June 2 at M/M Senior/Community Center **FF2006**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

STRONG!

Get leaner, fitter, stronger with this effective, heart-smart, high-energy combination of muscle conditioning, cardio, body weight and plyometric training moves. STRONG is a full body HIIT workout that's as fun as it is challenging and can be modified for various fitness levels. Maximum fat burning while toning abs, glutes, arms and legs result in increased metabolism – that's a higher caloric burn for the entire workout and post-class as well. Bring mat, towel and water. Maximum 24 students.

Monday, 7:00-7:55 pm Instructor: Brannon W

April 12 - June 7 at M/M Senior/Community Center **FF2025**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

No class May 31

Zumba + Core

Set to Latin and other international music with exotic rhythms, this fun dance fitness workout is extremely effective in burning calories and keeping the heart rate up. The steps are easy to learn and follow and will get you moving in an exhilarating new way for a high-energy class to tone and shape your entire body. Mat-based core exercises will follow the cardio portion of class. Bring a water bottle, towel and mat. Maximum 24 students.

Thursday, 7:30-8:25 pm Instructor: Joli P

April 15 - June 3 at M/M Senior/Community Center **FF 2017**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

Mat Pilates

Pilates, a non-impact deep muscle conditioning method, strengthens the body's "powerhouse" – the abdominal, gluteal and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Bring a mat and light weights. Maximum 12 students.

Monday, 6:20-7:15 pm Instructor: Ginger V

April 12 - June 7 at Salter Community Center **FF2013**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

No class May 31

Wednesday, 6:20-7:15 pm Instructor: Tammy R

April 14 - June 2 at Salter Community Center **FF2014**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

Total Body Conditioning

Build muscle strength and endurance and burn more calories for safe, fast results with this joint-friendly training set to energetic music. Whether you are a beginner with new fitness goals or an experienced exerciser looking for a cross-training body toning workout, this fun class is for you. The cardio warm-up leads into weight training geared to sculpt and strengthen muscles, ending with a series of refreshing stretches. Bring a mat, hand weights, towel and water.

Tuesday, 6:20-7:15 pm Instructor: Angie M

April 13 - June 1 at M/M Senior/Community Center **FF 2010**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks Maximum 24 students.

Saturday, 8:45-9:40 am Instructor: Angie M

April 17 - June 12 at Salter Community Center **FF 2012**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks Maximum 18 students.

No class May 29



**Masks
required**



**Class sizes
limited**



**Registration
required**



**Stay home
if sick**

FACE MASKS REQUIRED

Hatha Yoga

Rejuvenate your mind and body. Improve your mental concentration, body alignment, and learn to enjoy deep relaxation. Join our basic Hatha Yoga class. Everyone is welcome regardless of age, flexibility, or fitness level. Postures can be modified to make the practice as gentle or challenging as each individual needs. We practice without competition or judgement. Yoga is especially beneficial for people leading stressful lives as it promotes centering, balance, and relaxation which enhances our quality of life.

Classes are for all skill levels. Beginners are welcome.

Wear comfortable, loose clothing and **bring a mat, blanket and strap**. Do not eat 1½ to 2 hours prior to class. **Face masks are required at all times**, while in the building and during class.

Instructor: Christine Walbridge.

Monday at Senior/Community Center

April 12 - June 21, 5:40 - 6:55 pm **AF2007**

Fee: Res. \$80; Non-Res. \$85 / 10 weeks

No class May 31

Wednesday at Senior/Community Center

April 14 - June 16, 5:40 - 6:55 pm **AF2009**

Fee: Res. \$80; Non-Res. \$85 / 10 weeks

Thursday at Senior/Community Center

April 15 - June 17, 7:00 - 8:15 pm **AF2010**

Fee: Res. \$80; Non-Res. \$85 / 10 weeks



Line Dancing

Welcome to the fun world of LINE DANCING! It's as easy as saying 5, 6, 7, 8 and you don't need a partner. Line dancing is terrific exercise for mind, heart and body. Learn to dance to Rock, Country, 50s & 60s, and Fun Dances. Bring your friends and join us. Instructors: Joe and Penny Barker, County Cuzzins Dancin. Maximum 12 students per class.

Face masks are required.

Beginner Plus

Single Dancer

Tuesday, 7:00 - 8:00 pm

Salter Community Center

Lincoln Room

April 13 - May 25 **AE 2005**

Fee: Res. \$35; Non-Res. \$40 / 7 weeks



Tai Chi

Tai Chi is an ancient Chinese discipline designed to enhance the body, mind and spirit and leave you feeling refreshed. You will gain better muscle tone, improve joint flexibility, and increase circulation. Wear comfortable, loose-fitting clothing. Han Hoong Wang has been certified as a Senior Instructor with Yang Family Tai Chi and has been teaching for more than 35 years in the United States and Canada. Ms. Wang believes the pursuit of knowledge, understanding and excellence in Tai Chi is a life-long journey. She has traveled extensively throughout the US and to China to study in the Yang Style and Chen style with the grand masters. **Masks required**; maximum 32 students.

Yang Style Tai Chi Whole Form – Continuing Traditional Hand Form

Wednesday, 7:10-8:05 pm **AF2002**

April 14 - June 9 at M/M Senior/Community Center

Fee: Res. \$72; Non-Res. \$77 / 9 weeks

Yang Family Saber – All levels

Must know hand form basic.

Wednesday, 8:20-9:15 pm **AF2003**

April 14 - June 9 at M/M Senior/Community Center

Fee: Res. \$72; Non-Res. \$77 / 9 weeks



Royal Oak Symphony Orchestra

For updates visit: www.royaloakorchestra.org

Royal Oak Concert Band

For updates visit: www.royaloakconcertband.org



**Masks
required**



**Class sizes
limited**



**Registration
required**



**Stay home
if sick**



First Serve is excited for the opportunity to provide tennis classes through Royal Oak Parks and Rec! We are honored that Laura Rizzo-Burleigh from Luv All Tennis has entrusted us with the business that she put so much blood, sweat, tears, heart, and soul into. We consider Laura a mentor, a colleague and a friend.

At First Serve we love to share the joy and freedom of movement with kids and adults. We teach kids fierce competition tempered with good sportsmanship.

Our lesson plans and competitions are based on the latest research and guidelines from the top youth sports and tennis programmers in the country. We understand that kids learn more when they are having fun and that kids are less likely to quit sports when sports are fun.

We teach fundamental athletic skills that apply to all sports and support multi-sport athletes.

Our goal is to make tennis more accessible and more fun to more people, especially kids!

Please feel free to contact our tennis director, Chip Fazio, USPTA Elite Professional, with any questions or concerns: chipfazio@gmail.com or 313-670-3277. Also check us out on [facebook.com/firstservemi](https://www.facebook.com/firstservemi)



Location

All classes take place at the **Worden Park Tennis Courts** on Lexington, north of 13 Mile Road east of Crooks Road next to the Lindell Ice Arena (behind green Total Soccer building).

Pre-registration for all classes is required online at www.ifirstserve.net

Please bring your own racquet and water bottle, and wear tennis shoes for class.

Spring Outdoor Tennis Lessons

Sundays, May 23 - June 20 (4 classes)

No class May 30

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	2:15-3:00 pm	\$64
Ages 7-12 years	3:00-4:00 pm	\$64
Ages 13 - Adult (<i>adults welcome</i>)	4:00-5:00 pm	\$64

Summer Outdoor Tennis Lessons

Saturday mornings, June 26 - August 7 (6 classes)

No class July 3

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	9:15-10:00 am	\$96
Ages 7-12 years	10:00-11:00 am	\$96
Ages 13 - 18	11:00 am-12 noon	\$96

Thursday evenings, June 24 - July 29 (6 classes)

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	5:45-6:30 pm	\$96
Ages 7-12 years	6:30-7:30 pm	\$96
Ages 13 - Adult (<i>adults welcome</i>)	7:30-8:30 pm	\$96

In-House Mixed Doubles League

Wednesdays, May 12 - June 16

Rain make-up: Friday, June 18

\$84 / 6 weeks

This is for advanced beginner players (3.0+ NTRP). Questions? Contact Coach Chip at chipfazio@gmail.com or 313-670-3277.

Singles Flex League

A tennis league on your schedule. We will group you into a "flight" with 6 to 9 other players of similar ability. You contact each of the people in your flight and schedule a match at a time and place that is convenient for both of you. Report the scores to us. We post the standings online. Get all your matches in by the end of August. Awards for champ and runner up in each flight are given out at the end of the summer.

Adult Flex League

Beginner – Entry level players to low 3.5 NTRP rating (UTR 2.0 to 4.0)

Intermediate to advanced – High 3.5 to 4.5 NTRP (UTR 4.5 to 7.5)

Kids Flex League

Green ball – Kids can keep score and serve with some reliability. They do not yet have reliable topspin and do not have reliable directional control. Usually 11yrs and younger, but older beginners are fine.

Yellow ball – Can score, serve and rally reliably. Can hit with topspin and directional control on 70% or more of their shots.

Contact Coach Chip with any questions about the leagues or placement within the leagues: chipfazio@gmail.com or 313-670-3277.

Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain & improve Royal Oak's two nature preserves, Cummingston Park & Tenhave Woods. They are also developing the Royal Oak Arboretum behind the Senior Center. If you are interested in joining the conservation effort or just need more information, please phone us at 248-246-3380 and leave a message, e-mail us at naturesociety@romi.gov, mail us at: Royal Oak Nature Society, 1600 N. Campbell Rd, Royal Oak, 48067, or check out our website at www.romi.gov/nature. You can also find us on Facebook. Park trail maps and maps showing the location of the two nature parks and the Royal Oak Arboretum can be found on our website. There is no preregistration or cost for our speaker programs or our public nature walks.



Speaker Programs

Our monthly general meeting/speaker programs are normally scheduled from October to April at the Royal Oak Senior Center which is located at 3500 Marais. At our monthly Wednesday meetings, we present speaker programs that are usually Power Point presentations focusing on various natural history topics. If you watch nature programs on PBS or the Discovery Channel, this is better because you can meet with the speakers afterwards and ask questions.

Nature Walk Schedule

There is normally at least one naturalist lead walk per month with additional ones added during the spring wildflower and fall color seasons. The walks take place at Cummingston Park, Tenhave Woods and the Royal Oak Arboretum. An emphasis is put on understanding the different forest types found in our parks. Further information is given on individual plant and animal species, geology, and human history of the area. Dogs are not allowed inside either Tenhave Woods or Cummings-

ton Park. Wearing boots while in the parks is recommended during the winter and spring months. Dressing appropriately for bugs and using insect repellent is advised from late spring through the end of summer.

Royal Oak Nature Society Friends of Fungi

Friends of Fungi is a group that promotes the understanding of, and an appreciation for, fungi in general and those fungi found in Tenhave, Cummingston, and other local urban woods. Mary Fredricks and Karen Blenc head this group. There is no cost to belong and preregistration is not required. The group normally meets on the 2nd Wednesday of the month in November, January, February and March at the Mahany/Meininger Senior Community Center.

As of now because of COVID-19, we do not have any speaker programs, nature walks or Friends of Fungi meetings scheduled for the spring. We may decide to do some wildflower walks in April and May. If we do, we will post them on our website and Facebook page.

COVID-19 Assistance

If you are experiencing a loss of employment or significant reduction in income due to COVID-19, you may be eligible for free financial assistance.



Up to 6 Months of Free Rent Assistance

unpaid rent and/or utilities



Legal Aid & Defender Association @ (313) 967-5555

Lighthouse @ (248) 920-6000 ext: 5500



Up to 6 Months of Free Food



Lighthouse @ (248) 920-6000 ext: 5500

The City of Royal Oak has partnered with LADA & Lighthouse to keep residents from being evicted and feed those in need during the pandemic. Contactless opportunities are available to all residents.



@RO_Ice_Arena



facebook.com/Lindell.Ice.Arena

1403 Lexington BLVD.

Royal Oak MI 48073

248.246.3950

ROYALLOAKICEARENA.COM

**JOHN LINDELL
ICE ARENA
ROYAL OAK**



LEARN TO SKATE

Where it all begins.

Classes offered all year round. Ages 3 & Up. Introduction to figure skating and hockey.

OPEN SKATING



Skate at your own leisure. Bring friends and family to share the fun. GENERAL, ADULT and PRESCHOOL sessions offered. Check schedule for days and times.

SK8 JAMZ



OPEN SKATE WITH MUSIC & LIGHTING

ALL AGES ARE WELCOME.

Skate rental is included in the admission price
Check schedule for days and times.



The New Edge Figure Skating Club offers a variety of opportunities for skaters to test and compete. As well as many opportunities for skaters to have fun and make new friends.

www.newedgefsc.org



ADULT WOMEN'S LEAGUE

for Beginners to Intermediate Ability

Two games per week from
May through July

Individual Registration – Jersey included

ADULT HOCKEY LEAGUE



Summer League:

JUNE - MID AUGUST

Fall/Winter League:

SEPTEMBER - MARCH

Spring League:

APRIL - JUNE



DROP IN HOCKEY

18 and up-full equipment

Come in to play a competitive game of hockey with fellow adult skaters.

STICKS & PUCKS

Open to all ages. full equipment required



- Lil Eagles Learn to Play – ages 4-10
- 8 & under youth hockey program
- House hockey for all youth age divisions
- Travel A & AA Hockey Squirt –Midget

www.royaloakhockeyclub.com



SUBURBAN HOCKEY SCHOOLS

Instructional experience that improves skills, knowledge of the game, and overall self-confidence as it relates to the game through a "positive" learning experience.

CAMPS OFFERED 2020 www.suburbanhockey.com

For more information on any of these programs, please visit

ROYALLOAKICEARENA.COM

Registration Information

How to Register for Programs and Classes

Registration begins on March 5 for in-person, mail, fax and online submissions.

Mail-In Registration

You may send a completed registration form (or reasonable facsimile) with payment to:

**Royal Oak Recreation
PO Box 64
Royal Oak, MI 48068-0064**

Do not send cash. Make checks payable to **Royal Oak Recreation**. Use separate checks for different classes in case one of your desired classes is filled. **Returned check fee is \$35**. To receive a receipt, please include your e-mail address.

Fax Registration

Fax registrations are accepted 24/7 at **248-246-3007**. Fax payment by credit card only – please include credit card number, security code, expiration date, and your signature on registration form. To receive a receipt, please include your e-mail address.

In Person Registration*

Walk-in registrations are accepted at the Recreation Office Monday through Friday, 8:30 am to 5:00 pm. The Recreation Office is located at the Dept. of Public Service, 1600 N Campbell Road, Royal Oak MI 48067. We accept payment in person by cash, check, Visa, M/C or Discover.

***Due to COVID-19, please call and make sure our office is open.**

Refunds

Refunds will be granted up to one week prior to the start of a class or camp, less a \$5 service fee. Refunds will be granted after the first week of class less a \$10 service fee. **NO REFUNDS WILL BE GRANTED AFTER THE SECOND WEEK OF CLASS. NO REFUNDS ONCE A CAMP HAS STARTED.** No refunds on one-day classes. Allow 3 weeks for refund check. Fees charged on credit cards must be credited back to your credit card, **LESS SERVICE FEES INDICATED.**

NOTE: Children should not accompany their parents to classes designated for adult participants only.

Senior Center classes are open to adults of all ages who are available for daytime activities.

How to Register for Programs Online

www.royaloakrec.com

For additional information, click on "answers to frequently asked questions" on the home page.

Open Online Registration March 5

General Guidelines

If anyone in your family has taken a Recreation or Senior Center class since 2012, your household account may already be set up. Be sure to check for an existing account before attempting to create a new one. If you are not sure, you can call the office to check. You will need to obtain a temporary password (which you should change) from the office to log into an existing account. Your account login is your e-mail address.

If you have never registered for class with Royal Oak Recreation or the Senior Center, you will need to "create a new account" through the website. You cannot register for classes as a "guest".

Online registration will only be available for some programs. You can only register your own family. For transfers, corrections or questions, please call the Recreation Office at 248-246-3180, Monday through Friday, 8:30 am to 5:00 pm.

Low Enrollment

Royal Oak Recreation and the Senior Center reserves the right to cancel classes due to low enrollment. Full refunds will be given if a class/camp is cancelled by Royal Oak Recreation. Please register early so we don't cancel your class!

Insufficient Funds

There will be a \$35 Returned Check Charge to all accounts for checks that are returned by the bank.

Royal Oak Recreation **248-246-3180**
8:30 am to 5:00 pm, Monday - Friday

Royal Oak Senior Center **248-246-3900**
9:00 am to 4:30 pm, Monday - Friday

No Telephone Registrations

Registration for all Day Trips and Extended Trips should be done at the Mahany/Meininger Senior Community Center, 3500 Marais.

Registration Information

Registration Form

Student Name _____ Date of Birth _____ Male/Female _____

Address _____ City, Zip _____

Telephone - Home _____ Work _____

E-mail _____

Class _____ Day _____ Time _____ Start Date _____

Class _____ Day _____ Time _____ Start Date _____

Amount enclosed: \$ _____

Payment Method: ☐ Check ☐ Cash



☐ Visa/Discover # _____ 3-digit Security Code _____

☐ Mastercard # _____ 3-digit Security Code _____

Cardholder Name _____ Expiration Date _____

Signature of Cardholder _____

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed _____ Date _____

(If youth, parent or guardian must sign)

Registration Form

Student Name _____ Date of Birth _____ Male/Female _____

Address _____ City, Zip _____

Telephone - Home _____ Work _____

E-mail _____

Class _____ Day _____ Time _____ Start Date _____

Class _____ Day _____ Time _____ Start Date _____

Amount enclosed: \$ _____

Payment Method: ☐ Check ☐ Cash



☐ Visa/Discover # _____ 3-digit Security Code _____

☐ Mastercard # _____ 3-digit Security Code _____

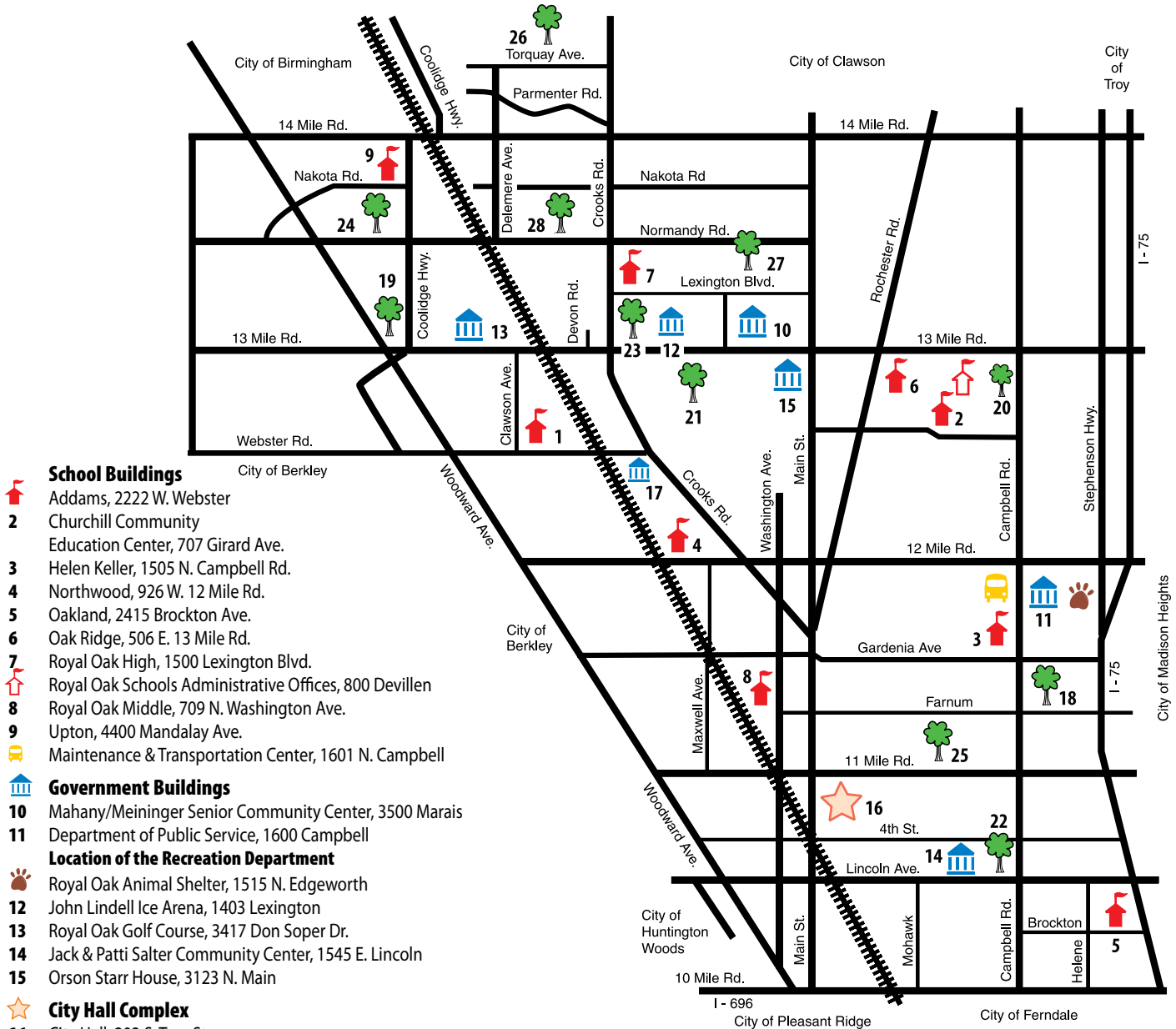
Cardholder Name _____ Expiration Date _____

Signature of Cardholder _____

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Signed _____ Date _____

City of Royal Oak



Picnic Shelter Rental

Picnic shelters are available for rent at Starr Jaycee, VFW, Memorial and Normandy Oaks Parks. Royal Oak residents and businesses may secure rental permits beginning January 4 through March 31 for the 2021 season. Non-residents may apply beginning April 1.

Please call 248-246-3180 for rental rates and availability. Due to COVID-19, all rentals will be processed online only at www.royaloakrec.com. We will begin processing rentals for 2021 on January 4 at 8:30 am.

Leo Mahany / Harold Meininger Senior Community Center

3500 Marais • (248) 246-3900 • www.romi.gov

Jack & Patti Salter Community Center

1545 E. Lincoln

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Code of Conduct

- Live the Golden Rule
 - Embody Honesty
 - Act with Patience
 - Take Responsibility
 - Listen Attentively
- Communicate Effectively
 - Lead by Example
 - Be Proactive

Live Royal Oak

Drop in either community center Monday through Friday. Pick up our monthly newsletter, *Times*. Start enjoying opportunities for lifelong education, fitness, and leisure activities. Try a great meal at **Tim's Kitchen** (M/M Center) for \$3.50. The staff is committed to working with and for seniors to develop activities and services that support their efforts to remain healthy, active and independent.

Mission Statement:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity, or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.

Royal Oak Seniors Resource Center

Stop by the Senior Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

Medical Equipment Loan Closet

Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment.

Covid -19 Helplines

Oakland County Nurse on call / Vaccine information..... 800-848-5533

State of Michigan 888-535 - 6136

OR email Covid19@michigan.gov for help with finding masks, COVID-19 testing, or to speak with a Health and Human Services Counselor.

Oakland County Health Department: Help Hotline (248) 858-1000

Option 3 for non-health needs and community resources, food, and housing.

Get Immediate Help in a Crisis

Disaster Distress Helpline 800-985-5999

For Spanish Press 2

National Suicide Prevention Lifeline 800-273-TALK

For Spanish 888-628-9454

Veteran's Crisis Line 800-273-TALK (8255); Option 1

National Domestic Violence Hotline 800-799-7233

National Child Abuse Hotline 800-4-A-Child (800-422-4453)

National Sexual Assault Hotline 800-656-HOPE (4673)

Senior and Disabled Adult Services

Senior Counseling Service 248-476-2229

The Eldercare locator 800-677-1116

Area Agency on Aging Oakland County (AAA1b) 800-852 7795

Elder Law of Michigan 866-400-9164

Macomb – Oakland Regional Center (MORC) 866-593-7413

For support and information regarding MI-Choice Waivers.

Disability Network of Oakland and Macomb (DNOM) 586-268-4160

Oakland Livingston Human Service Agency (OLHSA) 248-209-2600

OLHSA Grandparents Raising Grandchildren 248-209-2721

Michigan Aging and Adult Services Agency 517-241-4100

Administration for Community Living (ACL) 202-401-4634

Website: www.acl.gov/ site containing a wide array of information on programs for older adults and persons with disabilities.

American Heart Association – Southeast Michigan 248-936-5800

Stroke Family Warmline 888-4-STROKE

Monday-Friday: 8:00 AM-5:00 PM

Attorney General Consumer Protection Division 877-765 8388

Food Assistance

Food Bank Council of Michigan (SNAP hotline) 888-544-8773

Senior Project Market Fresh MSU Extension –

Oakland Nutrition counseling 248-858-0904

Oakland Meals on Wheels (S. Central & SE) 248-689-0001

Rental Information

The use of the Leo Mahany/Harold Meininger Senior Community Center shall be available to nonprofit organizations and groups engaged in educational, cultural, civic or charitable activities or private functions (birthday parties, wedding receptions, baby and wedding showers, graduation parties, etc.). Room set-up and take-down is the responsibility of the requesting organization. Please call (248) 246-3900 for rental fees and room availability.

Royal Oak Senior Center presents

The Grand Experience

September 28 - October 1, 2021

\$908 per person double / \$1178 per person single

\$908 per person triple

\$425 deposit per person due May 7, 2021

Final payment due July 30, 2021



Indulge yourself on this three-day trip at Mackinac Island's legendary **Grand Hotel!** This annual trip has the most repeat travelers of any of our trips. There plenty of activities, tours and contests to keep you busy, or you can just relax and rock on the notorious front porch. Your cost includes:

- Three nights at the beautiful and historic Grand Hotel (rooms assigned by the luck of the draw)
- Round-trip transportation on a luxury motor coach, to and from the Royal Oak Senior Community Center
- Round-trip ferry to Mackinac Island from Mackinaw City on Star Line
- Horse drawn taxi to and from the Grand Hotel
- Full breakfast each morning, tea and cookies each afternoon, and four-course dinner each evening
- Nightly demitasse
- Nightly dancing with the Grand Hotel Orchestra
- Special champagne reception
- Feature-length movies nightly
- Carriage Tour
- Baggage handling, tips and taxes at the Grand Hotel and on the ferries
- Golf at the Jewel Golf Course (\$30/person for nine holes, including cart; register at Hotel)
- Other planned activities include: Golf Putting and Chipping Contests (weather permitting), Bocce Ball Tournament (weather permitting), Bingo, Grand Hotel History lecture, self-guided walks, writing contest, discounts on bike rentals, photos and, of course, fudge!

No refunds after May 7, 2021. If the trip is cancelled by the Senior Center, you will get a full refund. If you cancel before the May 7 deadline, you will get a refund minus a \$15 cancellation fee per person. If you cancel after the deadline and the trip is still on, you will not get a refund unless we are able to fill your spot, in which case all monies paid will be refunded, less \$15 fee. Cancellation Insurance is strongly recommended.

You, your spouse, or your accompanying parent must be 50 or older to attend.

Spring Lunch and Learn Series

Free lunch from Tim's Kitchen for all whom pre-register and attend a presentation. **Presentation is from 11:30 am to 1:00 pm.** Out of respect for the presenter, please remain for full presentation and silence all phones during workshop. Please, no carry-outs.

If you sign-up for a Lunch and Learn and fail to show up or call to cancel two times in a calendar year, you will not be permitted to sign-up for any Lunch and Learn sessions for the remainder of that year.

Call the Senior Center at 248-246-3900 for more information and latest details on Lunch and Learn Lecture Series.



Day Trips

There are no day trips planned at this time.

Class Attendance Protocol



Masks required



Class sizes limited



Registration required



If you are sick, please stay home

Welcome Newcomers

1st Monday, 10:30 am

April 5, May 3, June 7

Here's your chance to acquaint yourself with the programs and services available at the Mahany/Meininger Senior Community Center. Learn how to register for classes, trips, programs, and meet the staff. Receive a complimentary lunch. Call 246-3900 to reserve. Need a ride from your R.O. home? Call 246-3914.

Billiards

Three pool tables are located in the game room at the Mahany/Meininger Senior Community Center. Pool may be played Monday through Friday from 9:00 am to 4:30 pm. There is a 50¢ daily charge or \$3.00 monthly fee for use of the tables. Drop-in Pool Tournaments are held monthly.

Drop-In Cards

Rubber Bridge

Mondays, 12:15 pm

Drop in with a partner to play Rubber Bridge, \$1.00. Come early if you have no partner, will try to pair.

Pinochle

Tuesdays, 12:30 pm

Drop in for pinochle, meet new friends, \$1.00.

Duplicate Bridge

Wednesdays, 12:30 pm

Drop in with a partner to play Duplicate Bridge, \$2.00. For more information, visit www.duplicatebridge.org.

Euchre

Thursdays, 12:30 pm

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards, \$1.00.



Mahjongg Drop-In

Wednesdays, 9:30 am - 12 noon

Fridays, 1:00 - 3:00 pm

Experienced players may drop in and play on Wednesday mornings. Players must follow National Mahjongg League rules only. 50¢ fee.

At Home BINGO

Open to Seniors 50 and over or disabled adults

Win Center Bucks

1. To play: Provide email address and request your FREE Official AT Home Bingo Card by contacting Carolyn Marsh at carolynm@romi.gov or call 248-246-3900.

2. Royal Oak Senior Center Staff draw **TWO** Bingo numbers **every Monday and Thursday**.

TWO Bonus Numbers will be posted in the "Times" monthly newsletter.

3. Numbers will be announced in email blast to all participants registered to play and posted at Senior Center doors. You can also get a replay of all number announcements by calling the center Monday - Friday, 9:00 am - 4:00 pm.

4. BINGO Players mark their Official At-Home BINGO card with a highlighter, BINGO dauber, colored crayon or pencil.

How To Win and Claim your Prize:

A player wins by covering a row, column, or diagonal with posted BINGO numbers.

1. Present your winning Card and obtain your ROSC Center Bucks!

2. Winning cards may be verified by arranging in-person verification or by sending digital snap-shot via email to carolynm@romi.gov.

DISCLAIMER: By Requesting a BINGO Card you agree to play and abide by the Official AT HOME Bingo Rules and guidelines set by the Royal Oak Senior Center. At Home Bingo is conducted Solely for the amusement and recreation of the AT Home Bingo players. If a winning Bingo Card Validity comes into dispute, by agreeing to accept an Official At -Home Bingo Card- You the player, agree directly and indirectly to allow all disputes to be settled by the Royal Oak Senior Community Center Staff.

FREE Parking Lot Concert with Kerry Price on Piano

Friday, April 16 at 12:30 pm

M & M Senior Community Center Parking Lot

Come and enjoy an afternoon listening to Kerry Price as she plays some beautiful tunes to welcome spring. We encourage patrons to bring a lounge chair so they can listen outside their vehicle. Chef Erin will have baked goods for sale.



Crochet Creations

Thursdays, 12:15 pm

Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome, we will teach you how to crochet. Several times a year, the group jointly creates projects to give back to the community. No charge.

Helping Hands

Tuesdays & Thursdays, 9:30 am

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes hats, scarves, lap robes and afghans. Currently working with Beaumont Hospital, Judson Center and local churches and other charitable organizations.

Senior Sew

Tuesdays at 10:00 am

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n Knit

Tuesdays, 1:00 - 3:00 pm

Come join in as we knit and visit! Share work in progress, tips and "show and tell" finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

"Star-Grabbers"

Amateur Astronomy Club

2nd & 4th Wednesdays, 10:00 am

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Star Grabbers meet to discuss current astronomical events, view interesting lectures, and share personal viewing experiences.

Focus on the News

1st & 3rd Tuesdays, 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national, international and informal news issues. Visitors encouraged. We're always looking for new people.

Foot Doctor

2nd Wednesday, 9:00 - 11:00 am

Please call for dates..

Dr. Robert Adas will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Grief Support Group

Hospice of Michigan is sensitive to the ongoing impact of Novel Coronavirus (COVID-19) and the anxiety that you may be feeling. The safety of our patients, families, volunteers, and staff is our priority.

It is also our priority to continue to provide bereavement support to the communities we serve.

While we have suspended our face-to-face support groups, we are pleased to offer several opportunities to join virtual grief support groups to help.

For more information on how to contact Hospice of Michigan virtual support contact the Royal Oak Senior Center outreach department: 248 246 3900

Massage Therapy

By appointment

Please call for dates.

Licensed Massage Therapist Heidi provides therapeutic massage using the holistic approach. All of these massages provide benefits; help in reducing muscular and nerve pain and aids relaxation. She provides 35-minute massage sessions for \$30, or 75-minute sessions for \$60. Call the Center for an appointment, 246-3900.



Creative Coloring for Grown-Ups

1st and 3rd Mondays, 10:30 am

April 5 & 19; May 3 & 17; June 7 & 21

\$2.00 drop-in material fee/per class C1095

Creative Coloring for Grown-ups is coming to Royal Oak Senior Center. Explore the latest coloring craze and make coloring your NEW hobby. Choose from large patterns and designs on professional card stock, that will challenge your brain in fine motor movement and detail. Socialize and connect with other color artists, in a relaxed atmosphere, and create a Masterpiece suitable for framing.

Studies have shown hobbies like coloring:

- Reduce stress and insomnia.
- Improves concentration and eye to hand coordination.
- Boosts self-esteem when your friends and family see your finished results.

Painting – All Media

Thursdays, 9:15 - 11:45 am

April 8 - May 27

C1050SP

\$55 / 8 weeks

Mike Byrne is past vice president of the South Oakland Art Association and past president of the Royal Oak Arts Council. He is a working artist in many mediums and accepts students from beginner to expert. Supply list is given at sign-up for those without their own supplies. Preregister.

Watercolor Painting/ Stipple Drawing

Fridays, 9:15 - 11:45 am

April 9 - May 28

C1052SP

\$55 / 8 weeks

Explore the exciting art world of watercolor painting with instructor Mike Byrne! Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush. For those interested in Stipple Drawing, a drawing technique using only dots applied with a pen or brush to paper, you'll be rewarded with a piece of art that reflects your patience and talent. Supply list is given at sign-up for those without their own supplies. Preregister.

Art Show

Our talented students will have their works displayed for you in a Summer Art Show this year. Stay tuned!

Retirement Planning Fundamentals (Post-retirement)

Thursdays, April 22 and 29

9:30 to 11:30 am

C1010SP

\$39/person, bring a spouse or guest at no additional cost

An educational course for people already retired. The course focuses on issues retirees face today and how they can be addressed. The course covers topics such as required minimum distribution, retirement income, Medicare, long-term care, investments and estate planning. Call 248-246-3900 to register.



Computer Club

Wednesdays, 12:30 pm

Calling all beginners to experienced computer and tech enthusiasts. All levels are welcome to join our growing club, no membership required, drop in anytime! Guest speakers discuss various tech topics covering computers, cell phones, tablets, smart TVs, etc. There is always time for questions and answers so bring your tech questions. Check the *Senior Times* Newsletter for topics and speakers. Donations accepted.

Ask the Computer Lady!

Tuesdays through May 2021

11:00 am - 12:00 pm

C1024SP

12:15 - 1:15 pm

C1025SP

OR

1:30 - 2:30 pm

C1026SP

\$35 / 60 minutes

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, your Mac, tablet, Android or iPhone, and learn how to check your email or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

Ballroom Dance Class

Mondays, 1:00 pm

Join instructor Bill Scheff on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. \$5.00

Line Dancing

Fridays, Intermediate, 1:00 pm

Line dancing is not only fun but good exercise as well. And you don't need a partner. Join instructor Jeannette Forster and learn the hot country line dances. \$2.00 payable at each lesson. NO BOOTS.

Chair Exercise with Cindy

Wednesdays, 10:30 am

April 7 - May 12

C1034SP

Fridays, 10:30 am

April 9 - May 14

C1036SP

\$25 / 6 weeks

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasizing posture, coordination, and fall prevention, in a 45-minute workout. It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, and bring a water bottle and hand-held weights if you wish. Pre-registration is requested.

Healthy Back Class

Wednesdays, 1:30 pm

April 7 - May 12

C1019SP

\$25 / 6 weeks

If you have ever experienced acute or chronic back pain, you are in the majority. This class, based on the YMCA's Way to a Healthy Back, is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities; to improve posture; and to increase awareness of body mechanics to promote safety in everyday movements. Class is 45 minutes; please bring a mat and water. Wear comfortable clothing and shoes. Instructor – Cindy Erlandson. Pre-register. Call (248) 246-3900 for more information. Active adults get great results.

Chair Yoga Exercise (DVD)

Mondays, 10:30 am

This session is of a "gentle" nature for those of you who are just starting on a fitness program, or those who must not do strenuous exercise.

Senior Pilates/Core Body Conditioning

Wednesdays, 8:30 am

April 7 - May 26

C1005SP

\$36 / 8 weeks

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Connie is certified in YogaFit, TRX Suspension Training, Brains & Balance Past 60 Specialist, and Certified Personal Trainer. Instructor: Connie Bazzi, Workout Connie, Inc.

Silver Foxes

Monday, Tuesday & Friday, 9:30 am

Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

Sit Down & Tone Up

Tuesdays, 10:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

Tai Chi Basic & Chen Style

Thursdays, 9:15 am

April 8 - May 27

C1004SP

\$48 / 8 weeks

Tai Chi Basic exercises are for beginner and continuing. The class will include: Tai Chi warm-up, gentle stretching. Tai Chi walking and silk reeling and Tai Chi Ball Qigong, and section one of Chen Style Tai Chi old form.

Chair Yoga

Wednesdays, 12:30 - 1:15 pm

April 7 - May 12

C1033SP

\$25 / 6 weeks

Fridays, 11:30 am - 12:15 pm

April 9 - May 14

C1039SP

\$25 / 6 weeks

It's amazing how much yoga can be done in a chair! This 45-minute class consists of three 15-minute sections, the first and last of which are done seated in the chair. The middle section is done standing using the chair for balance. We focus on breathing and relaxation, stretching for flexibility, and balance practice which also increases muscular strength. The class is accompanied by soothing, stress-relieving music. You will leave feeling rested and rejuvenated.

Gentle Yoga

On back patio of Senior Center

Thursdays, 1:00 pm

April 15 - June 3

C1014SP

\$40 / 8 weeks

Yoga creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Please preregister. Instructor Noreen Daly.



Masks required



Class sizes limited



Registration required



Stay home if sick

Drop-In Sports at the Salter Center

Pickleball *

- The cost is \$2.00 per session. Any individual caught not paying will be asked to leave the gym immediately
- Sign-in sheets will be made available 30 minutes before scheduled start times

Mondays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

Tuesdays

1:00 - 3:00 pm, All levels - East Gym
12:30 - 2:15 pm, 4.0 & higher - West Gym

Wednesdays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

11:00 am - 2:00 pm
3.5 & higher - West Gym (\$3.00)

Fridays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

5:00 - 7:15 pm
Open to ages 19 & up - East Gym

12:30 - 2:00 pm
3.5 & higher mixer - West Gym

- Face masks must be worn at all times.**
- Maintain 6' social distancing while waiting for your turn to play.
- Only 2 courts will be open (middle court will be closed).
- Maximum of 8 players playing at one time per gym.
- No congregating in the building before/after activity time.
- Remember to sign-in with contact information.
- Protocols subject to change.

Bounce Volleyball *

Tuesdays and Thursdays

11:00 am - 1:00 pm

Bounce Volleyball, a slightly slower paced game than power volleyball, allows a wider range of skill levels to participate and enjoy this great game. \$1 per session.

- Face masks must be worn at all times.**
- Maintain 6' social distancing while waiting for your turn to play.
- No congregating in the building before/after activity time.
- Remember to sign-in with contact information.
- Protocols subject to change.

***For reopening information, please check [facebook.com/ROParksandRec](https://www.facebook.com/ROParksandRec)**

Let's Walk! *

Monday - Friday, 8:30 - 11:00 am

Strengthen your heart, lungs and vascular system. Improve your circulation. Relieve tension and modify the aging process. How? Join **Let's Walk!** and enjoy the four seasons, briskly walking at your own pace. Walk indoors around the gym or outdoors in the park and neighborhoods, weather permitting. Track your progress by completing a mileage log sheet at the Salter Center.

- Face masks must be worn at all times.**
- Maintain 6' social distancing if walking with people outside your household.
- Remember to sign-in every day, with contact information.
- No congregating in the building when you finish walking.
- Protocols subject to change.

***For reopening information, please check [facebook.com/ROParksandRec](https://www.facebook.com/ROParksandRec)**

Senior Pilates

Tuesdays, 11:45 am - 1:00 pm

April 13 - June 1 SA2301
\$36 / 8 weeks

Tuesdays, 11:45 am - 1:00 pm
June 8 - July 27 SA2302
\$36 / 8 weeks

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor: Cheryl Baugh, ACSM, Certified Fitness Instructor. **Face masks required.**



Stretch & Strength (40+) Cardio, weights and stretching

11:00 am - 12 Noon

Spring 1

Mondays, April 12 - May 17 SA6001
\$36 / 6 weeks

Wednesdays, April 14 - May 19 SA6002
\$36 / 6 weeks

Fridays, April 16 - May 21 SA6003
\$36 / 6 weeks

No Drop-ins; all participants must be preregistered.

Spring 2

Mondays, May 24 - July 12 SA6005
\$36 / 6 weeks No class 5/31, 7/5

Wednesdays, May 26 - June 30 SA6006
\$36 / 6 weeks

Fridays, May 28 - July 9 SA6007
\$36 / 6 weeks No class 7/2

No Drop-ins; all participants must be preregistered.

Fun exercise for the active adult and senior. Improve your stamina, strength and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Workout to great music, make new friends, socialize, laugh and have fun! Bring a water bottle and hand-held weights if you have them. Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994. **Masks are required at all time while in the building and during class.**

Yoga

Tuesdays, 1:15 pm

April 13 - June 1 SA2320

June 8 - July 27 SA2321
\$36 / 8 weeks

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. Instructor - Cheryl Baugh. Preregister. **Face masks required.**

5 Things Every Royal Oak Senior Should Know

1. Emergency Notifications

Royal Oak utilizes a mass notification system called Civic Ready to keep residents informed about critical events within the community. Examples include snow emergencies, missing persons, evacuations, and local threats. Learn more and sign up at romi.gov/civicroady.

In addition to emergency notification, seniors can also choose to opt in to receive time-sensitive non-emergency notifications about community events, activities, and important updates through NotifyMe. Sign up at romi.gov/notifyme or call 248-246-3201 for assistance.

2. Housing Rehabilitation Program

Homeowners with low-to-moderate incomes can make up to \$40K worth of home improvements through a city

loan program. The loans may be used for kitchen, bathroom and laundry room updates or for exterior projects such as roofing, siding, fencing and exterior trim. For program guidelines go to romi.gov/housing or call 248-246-3280.

3. The Library of Things

The Library of Things is a new and growing collection of items loaned at no charge to Royal Oak Public Library cardholders. Items in the collection include toys, games, tools, STEM kits, baking pans, telescope, microscope, musical instruments, knitting and sewing supplies - even a Ghost Hunting Kit!

To search the library catalog for these items, go to romi.gov/things and limit your search to the Royal Oak Public Library and use the search term "Li-

brary of Things" or the specific item, for example, "cake pan." Call 248-246-3700 for assistance.

4. MyHeritage Library Edition

MyHeritage Library Edition is one of the largest, most internationally diverse genealogy databases of its kind. Access to billions of historical documents, millions of historical photos and other resources in thousands of databases that span the past five centuries. Go to romi.gov/genealogy to start your research. Call 248-246-3700 for assistance.

5. Meals on Wheels

Meals on Wheels mission is to provide seniors with daily delivery of hot nutritious food delivered by a caring person. Call Oakland Meals on Wheels at **248-689-0001**.

**Special Offer
just for
Senior Citizens**

ENJOY

10 PERCENT* OFF

YOUR ENTIRE MEAL

ON TUESDAYS

(INCLUDING DRINKS!)

WHEN YOU SHOW

THIS AD.

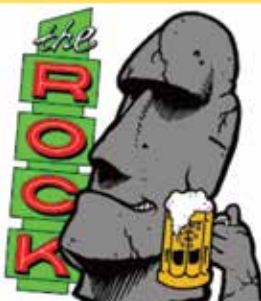


Wings
Baby Back Ribs
All-Star Sandwiches
Burgers
Pizza & More

ROCK ON THIRD

112 E Third, Royal Oak
(248) 542-7625

*Offer good on Tuesdays in March & April; between 11a and 6 p.



5 Facebook Pages You Should Be Following Now

Here are quick links to keep you informed!



- **Royal Oak City Hall**
facebook.com/rocityhall
- **Royal Oak Public Library**
facebook.com/royaloaklibrary
- **Royal Oak Parks & Recreation**
facebook.com/ROParksandRec
- **Downtown Royal Oak**
facebook.com/downtownroyaloak
- **Oakland County**
facebook.com/OakGov

Royal Oak Senior Essential Services

R.O.S.E.S. is a program providing a variety of supportive services to Royal Oak residents age 62 and over and qualify for subsidy. You must live in your own home - alone, with a spouse, or with a disabled adult child. Seniors living with able-bodied adult children do not qualify for the subsidy assistance. To ascertain household income, please provide your most recent Home Heating Credit or Michigan Homestead Property Tax Credit form. If you live in one of the senior high rises you will need to provide the HUD Tenant Eligibility & Rent Procedures Form. The following subsidy scale will apply:

Income-One	Income-Two	Rate/ Hour
Below \$16,500	Below \$18,850	\$3
\$16,501-\$27,500	\$18,851-\$31,400	\$5
\$27,501-\$44,000	\$31,401-\$50,250	\$7

- **Home Chores**
- **Home Repairs**
- **Personal Care**

The City of Royal Oak sponsors this service. Call 248-246-3900, Monday - Friday.

Adjacent Generational Exchange (A.G.E.)

Sponsored by a grant from Beaumont Hospital, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Looking for a Few Good Volunteers!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month?

Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Call Carolyn Marsh, Volunteer Coordinator at 248-246-3917.

Aphasia Support Group Thursdays, 10:00 am - 12 noon

This group is for adults with communication disorders. Gain support from others on your road to recovery. For more information, call Carolyn Marsh, Volunteer Coordinator at (248) 246-3917.

Alzheimer's Caregiver Support Group

Support Group providing opportunity for caregivers to share information and learn from others in a supportive, caring environment. **In-person support is temporarily unavailable.** To find alternative meeting locations contact Alzheimer's foundation 24/7 help line **800-272-3900** or **www.alz.org**.

The Royal Oak Senior Community Center Outreach department has resources available on caregiving for someone living with Alzheimer's or suffering from memory issues. Call Carolyn Marsh at 248-246-3900.

Deaf Assistance Group Wednesdays, 9:00 am

We welcome deaf adults for socialization each Wednesday.

Legal Aid

Do you have a legal issue to resolve, but are not sure you need to engage the services of an attorney? Soren Andersen, Attorney at Law, will provide free 15-minute consultations to senior citizens each month. A fee will be charged for additional services. Call (248) 246-3900 for an appointment.

Medicare/Medicaid Assistance Program

MMAP counselors are available for assistance in choosing the right health plan for you. For questions regarding Medicare, Medicare Part D prescription plans and Medicaid, call Carolyn Marsh at (248) 246-3900. In-person assistance by appointment only.

Outreach

Our Outreach Administrator is available to help residents aged 62 and over through the sometimes overwhelming process of obtaining needed services. Please call (248) 246-3900 with your concerns about personal care, housing or other independent living requests. An in-home visit to assess needs is available through this service at no cost.

PAL (Positive Attitude Living) Fridays, 10:30 am

Your attitude determines your life! Join this group to enrich your life and meet new friends. Bring your ideas for positive change to share with the group. Newcomers welcome.

Tim's Kitchen

Enjoy meals, \$3.50, prepared from scratch in the Mahany/Meininger Center kitchen Monday - Friday. Chef Erin Koch's creations are nutritious, filling, and delicious! Call for monthly menus.

- Call (248) 246-3900, at least 1 day in advance to reserve a meal.
- Call to cancel reservations if unable to attend.
- Purchase meal vouchers (5 or 10 meals) at any time. Great gift idea!
- Bus fee is waived if you ride the bus to the Center for lunch!
- Menu subject to change based on availability of food supplies.

**Carry-outs available: \$4.00
Must be picked up by 3:00 pm**

Meals on Wheels are available to home bound residents unable to travel to the Center. Call Oakland Meals on Wheels at (248) 689-0001 for hot meals delivered daily. The menu for homebound meals differs from the meals served at the Senior Center.

Transportation

This service provided by the City of Royal Oak promotes independence for residents aged 60 or older, and adults who are permanently handicapped. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. The driver will assist with bags of groceries. **Call (248) 246-3914 between the hours of 9:30 am - 12:30 pm** to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. All buses are equipped with lifts for the handicapped. Prepaid tickets are available: \$19 / 5 round-trip tickets and \$14 / 5 one-way tickets.

The Royal Oak Transportation service is sponsored by the City of Royal Oak; funded by Beaumont Health, SMART Municipal and Community Credit Funds, and rider donations.

Mayor

Michael Fournier

Pat Paruch, Mayor Pro Tem
Sharlan Douglas

City Commission

Kyle DuBuc
Monica Hunt

Brandon Kolo
Melanie Macey

Property Tax Assessment Hearings

COVID-19 is a new strain of coronavirus that had not been previously identified in humans, can spread easily from person to person, and can result in serious illness or death. To mitigate the spread of COVID-19, to protect the public health, and provide essential protections to vulnerable Michiganders, it is crucial that all Michiganders take steps to limit in-person contact. The critical mitigation measures include social distancing and limiting the number of people interacting at public gatherings. Conducting the March 2, 8 and 9, 2021 Royal Oak Board of Review organizational meeting and appeal hearings in person would risk the personal health or safety of members of the public and/or the board of review. Therefore, the meeting and hearings will be held electronically, in compliance with PA 228 and PA 254 of 2020 and procedures established by the Royal Oak City Commission.

If in-person meetings become a lawful option, then the meeting will be held **both** in person at Royal Oak City Hall, 203 South Troy Street **and** via **electronic remote access** and notice will be posted at city hall and on the city's website.

Members of the public can participate in the meeting on Zoom Webinar **using meeting ID: 832 9688 1432 and passcode: 596324**

- **Online:** us02web.zoom.us/j/83296881432?pwd=WXJoM2ZsWE4wMTduQUgrS3dXZ2NEUT09
- **iPhone:** 13126266799
- **Phone:** 13126266799

The City of Royal Oak March Board of Review will meet on the following dates: Monday, March 8, 2021, 9:00 am - 12:00 noon and 6:00 pm - 9:00 pm and Tuesday, March 9, 2021, 9:00 am - 12:00 noon and 6:00 pm - 9:00 pm. And whatever days necessary.

You must have an appointment to appear before the Board of Review. You may visit the Assessor's Office in City Hall or call (248) 246-3110 to schedule an appointment. **The deadline for appointments is Monday, March 8 at 4:30 p.m.**

Non-resident property owners may appeal by mail received no later than March 8, 2021. **Any agent representing a taxpayer shall present written authorization to the Board of Review at the time of his/her appointment.** Letters of authorization must be for the 2021 tax year and include a single parcel identification number, the name of the authorized agent, the authorizing person's original signature and the date of the signature. A property owner or agent representing taxpayer must provide articles of organization for a limited liability company to prove ownership.

Anyone wishing to participate in the meeting who needs special assistance under the Americans with Disabilities Act (ADA) is asked to contact the Assessor's Office at (248) 246-3110 by 12:00 noon on Friday, March 5, 2021, so that appropriate arrangements can be made.



You can find the city's citizen guide, performance dashboard, debt service and projected budget reports online at
romi.gov/210/Performance-Dashboard



Royal Oak
POLICE DEPT



Royal Oak
FIRE DEPT

CIVICREADY[®]

Powered by Regroup[®]

SIGN UP NOW TO RECEIVE IMPORTANT EMERGENCY NOTIFICATIONS

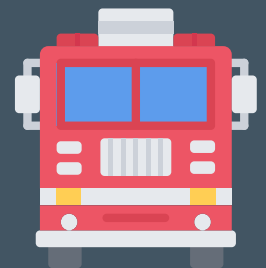
Knowing what to do during and after an emergency improves your odds of a positive outcome. CivicReady notifications alert you via email, text messages and phone calls to local threats and rapidly changing situations.

How Do I Sign Up?

It's easy! Go to **romi.gov/civicready** or call 248-246-3201 for assistance.

Warnings & Information On:

- Emergency Alerts
- Blizzard Warnings
- Severe Storm Warnings
- Tornado Warnings
- Flood Warnings
- Local Threats





Memorial Trees

Want a great way to honor someone you care about? Grandparents you can plant a tree in a Royal Oak park for your grandchildren and watch them grow together. How can you do this? Consider purchasing a Memorial Tree. Planting and a wooden stand (which will be installed flush to the ground next to the tree) is included with the purchase of your Memorial Tree (you would need to purchase the plaque and install yourself). Please call the Department of Public Service at 248-246-3300 to be added to the spring sale list to receive a form that will be mailed in January. There are several species of trees to choose from and they vary from year to year as does the cost. Memorial Trees are planted in any City park of your choosing, unless the arborist feels it won't survive, then an alternate sight is chosen. What a wonderful way to honor a loved one for years to come.



Reporting Streetlight Outages

The City of Royal Oak continues to work with DTE Energy to expedite the repair and maintenance of streetlight outages, please call the City of Royal Oak Department of Public Service at 248-246-3300, Monday - Friday, 7:30 am - 4:00 pm with the following information:

1. The specific streetlight location (i.e. the nearest cross streets, nearby address, etc.).
2. Whether the pole is wooden or metal.
3. The streetlight pole number (if possible).
4. Details about the outage (i.e. light out, light turns on and off, light stays on during the day, etc.)

Please be aware that DTE policy allows a two-week response time once the problem has been reported to DTE. In cases where a pole has been knocked down or if there is any other emergency, please call DTE Energy at 800-477-4747.

Refuse and Recycling Directory

Department of Public Services (DPS)..... 248-246-3300
(Calls regarding garbage and recycling pickups)

SOCRRA MRF/Drop-off Center 995 Coolidge..... 248-288-5150
Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); CDs/DVDs/VHS; floppy disks; cassette tapes (all cases recycled separately); used clothing; screw-off lids/caps; plastic bags (no twine or hard plastic handles; no frozen food bags); styrofoam (no peanuts).

Household Hazardous Waste Disposal & Electronic Recycling

Drop-off at 995 Coolidge: Monday-Friday, 9:00 am - 5:00 pm; Saturday, 7:00 am - 1:00 pm

CURRENTLY BY APPOINTMENT ONLY. Visit socrra.org for more information.

Hazardous Waste – To dispose of: automotive products, lawn/garden products, cleaning products, fluorescent light bulbs, insulin syringes (in rigid container), oil-based paint, propane tanks, etc. NOTE: Containers will NOT be returned. NOT ACCEPTED: unlabeled containers with unknown contents, radioactive, explosives or hazardous waste from businesses.

Used Electronics – To recycle computer monitors, CPUs, printers, TVs (no wooden cabinets), radios, phones, cell phones, copy & fax machines, stereos, VCR/CD/DVD players, video game systems, etc. **Residents must remove sensitive or personal information from ALL devices.**

Recyclables – All plastic as long as it is a container; all glass bottles, jars; metal cans/pie tins/empty aerosol cans; newspaper; magazines, catalogs, paper, mail, paperback books, food/beverage/drink/juice boxes, paper cups; phone books; (flattened) corrugated cardboard; paperboard. Place everything loose in recycling bin/toter and set at curb on refuse day before 7:00 am. Material cannot stick out of the toter/bin.

No styrofoam, plastic bags or batteries at curb. These items must be dropped off at SOCRRA.

Regular Refuse – Put household materials in containers 20 to 32 gallon (maximum size) or in 20 to 30 gallon plastic bags and put at curb by 7:00 am. Cans and bags cannot be over 40 lbs. Containers under 20 gallon will be considered expendable and may be thrown out with the trash. **Yard waste cannot be mixed with trash at any time, due to state law.**

Yard Waste – Picked up curbside from April 1 through third week of December: Separate non-woody material as well as woody yard waste (up to 2" in diameter) from regular refuse and put at curb by 7:00 am in a 32-gallon container with a yard waste decal (decal must face street) or in a paper landscape bag. Containers/bags cannot weigh more than 50 lbs. **Yard waste cannot be mixed with trash at any time.** Plastic bags are not acceptable. Not picked up as either yard waste or trash after third week of December to March 31. Either hold on to until program begins April 1 or call SOCRRA for disposal (248-288-5150).

Leaf Vacuum Program begins at end-October. Rake leaves into street according to city schedule or put into acceptable containers and set at curb by 7:00 am of refuse day until third week of December. For pick-up schedule, check *Insight*, WROK Cable (Channel 17 or 10) or the city's website at www.romi.gov.

Brush, Tree Trimmings & Shrubs – Tie woody material between 2"-5" in diameter in bundles up to 4' long and 15" in diameter, weighing no more than 40 lbs. each (under 2" SEE YARD WASTE). Set at curb with trash by 7:00 am of refuse day OR contact a private tree company (the city's recommended chipping contractor is JH Hart, 586-795-5581).

Broken Glass – Wrap in heavy paper or place in cardboard box or metal can with lid and mark as broken glass. Put with regular refuse NOT in recycling bin/toter.

Appliances (refrigerator, stove, hot water tank, etc.) – Set at curb on refuse day by 7:00 am. In apartment, cul de sac or dead end street, call DPS the day before your pickup at 248-246-3300. Remove doors on refrigerators and freezers and place to side (state law).

Carpeting & Padding – Roll and securely tie no longer than 4' in length and weighing no more than 40 lbs. per bundle. Set at curb with trash by 7:00 am on refuse day.

Latex Paint – Remove lid and allow to harden or add kitty litter or sand to absorb liquid; set at curb on refuse day with lid removed for pickup with trash. Or chip out dried paint, rinse can and put in recycling with lid removed. Oil-based paint is hazardous, please take to SOCRRA for disposal. Refer to Hazardous Waste for hours.

Excluded Curbside Items – The following items are **NOT** acceptable for curbside collection: Liquids, radioactive items, flammable products, explosives, infectious materials, asbestos insulation, tires, hazardous waste, engines, transmissions, rear axles, construction items, loose items such as bricks or concrete (even if it's attached to something). These materials must be disposed of privately. See www.socrra.org or call 248-288-5150 for locations, hours, rates and procedures. Limited amounts of construction items from home occupant's personal repair or remodeling are acceptable. However, items cannot be longer than 4' in length, must be bundled and weigh less than 40 lbs. per bundle.

Holiday Refuse Collection – When one of the following holidays (official not observed) falls on a weekday, collection for the remaining days of the week will be delayed one day: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day. Refuse collection is not affected for any other holidays or when the above holidays fall on a weekend.



Yard Waste Separation Begins April 1

What is yard waste?

Grass clippings, leaves, spent flowers and garden plants, weeds, pine needles, pine cones, acorns, chestnuts, walnuts, apples, Halloween pumpkins, corn cobs and husks, vines, straw (dry bales less than 40 lbs.), wood chips, woody material up to 2" in diameter and small shrubs (no root balls), untreated, unpainted wood boards with nails removed, sawdust and wood shavings. **All containers must weigh less than 50 lbs.**

How do I prepare yard waste for collection?

Yard waste may be placed in 32-gallon trash cans, clearly marked with a "Yard Waste" sticker facing the street (available at some city offices) or brown paper yard waste bags available at most stores. Containers or bags cannot weigh more than 50 pounds each.

Why must I separate these items?

Yard waste is banned from disposal in Michigan landfills. SOCRRA converts yard waste into compost, a useful nutrient rich soil amendment.

Is yard waste collected year-round?

No, weekly curbside collection is provided from April 1 through the third week of December.

What if I have yard waste when collection isn't provided?

SOCRRA residents can bring yard waste to the SOCRRA Transfer Station at 995 Coolidge Road in Troy at no charge after the third week of December through March 31 - limit 10 bags per day per household. (No contractors or landscapers please).



Brush & Branches

Brush and branches are generally considered to be branches between 2" and 5" in diameter. Small twigs (less than 2" in diameter) are not considered brush and should be placed with yard waste.

What do I do with brush and branches?

Bundle brush and branches securely with twine (bundles no longer than 4 feet in length or 15" in diameter) and place at the curb by 7:00 am of collection day. Bundles cannot weigh more than 40 pounds. Please set bundles so that large end of branches are closest to the street. Bundles will be taken with trash.

What about logs, firewood and lumber?

Logs or firewood must be less than 5" in diameter, cut to 2 foot lengths, bundled securely, weighing less than 40 lbs. per bundle. Logs or firewood over 5" in diameter must be disposed of privately. Lumber (without nails) must be cut to 4 foot lengths or less, bundled, weighing less than 40 lbs. each. Bundles must be next to your trash for collection by 7:00 am.

Dispose of Hazardous Materials Year-Round

Is your basement or garage filled with unwanted chemicals, paints and other hazardous materials? According to the Environmental Protection Agency, the average home can accumulate as much as 100 pounds of HHW (Household Hazardous Waste) in the basement, garage and storage closets!

Drop Off Hours:

Monday - Friday: 9:00 am - 5:00 pm

Saturday: 7:00 am - 1:00 pm

APPOINTMENT REQUIRED.

What is Household Hazardous Waste?

Many common household products can pose a hazard to human health, groundwater and the environment if they are not handled properly for disposal. Placing items such as paint, automotive products, car batteries, pesticides and more in our trash is NOT the most environmentally sound way to get rid of them.

HOUSEHOLD HAZARDOUS WASTE: Items collected through the program include toner and ink jet cartridges, paints, solvents, garden chemicals, household cleaners, insulin syringes (in rigid containers), medications (in unmarked zip-top baggies), most automotive products, large amounts of cooking oil, rechargeable batteries and compact fluorescent light bulbs. Please note: containers should be clearly marked and will NOT be returned. SOCRRA may refuse if containers are unlabeled, radioactive, explosive or from a business. For a complete list, please visit www.socrra.org - **APPOINTMENT REQUIRED.**

ELECTRONIC EQUIPMENT is also collected through this program. SOCRRA accepts computer monitors, CPUs, printers, TVs (no wooden TV cabinets) radios, telephones, cell phones, copy machines, fax machines, stereos, VCR/DVD/CD players.

For a complete list please visit www.socrra.org.

Please note: residents must remove sensitive or personal information from ALL devices.

APPOINTMENT REQUIRED.



As a member of SOCRRA, the regional recycling authority, Royal Oak residents may take advantage of these programs offered daily, year-round. The collection site is located at 995 Coolidge (about 1/4 mile north of 14 Mile, across from the Meijer gas station). This program offers residents a convenient and effective means of disposing of those materials that should not be placed in the trash.





Is the water in your home delivered by a lead or galvanized steel service line?



Because ingestion of lead is known to be hazardous to health, the Department of Public Services is committed to finding and removing all lead/galvanized water services connected to the city's water system. In that effort, DPS staff is reviewing its records to determine the material type at each home. Our records, however, only indicate what material was used on the publicly-owned portion of the water line – typically between the property line and the water main. The other section of pipe – often referred to as the 'private side'

of the water service, was installed with the construction of the home and choice of water line materials was that of the contractor and/or homeowner. Our records do not reliably indicate what materials were used on the privately-owned portion. That's where you come in.

If you **know** that the water service pipe coming into your home is made of lead and/or galvanized steel, please tell us about it. And if you'd like to be included in a future replacement project, visit www.romi.gov/gettheleadout to learn about the program and to get on the replacement list.

Lead and/or galvanized service lines will be replaced at no cost to the homeowner.

For more information on reducing exposure to lead from drinking water, visit www.michigan.gov/mileadsafe.



Drinking Water: We Need Your Help

The City of Royal Oak, along with state and federal agencies, has taken extra precautions to protect our water systems. But we need help from residents and business owners to keep our drinking water system safe.

If anyone observes someone tampering with and/or opening a fire hydrant, manhole lid, etc., please call the Department of Public Service immediately at (248) 246-3300, if the incident occurs between 7:30 am and 4:00 pm, Monday through Friday, and the Royal Oak Police Department at (248) 246-3500 any time thereafter.

Our goal is to continue to provide pure and wholesome water to our community. We know that we can do that with your help.

What to Do About Sewer Problems

Residents who experience sewer problems should call the Department of Public Service immediately at (248) 246-3300 during regular working hours (7:30 am - 4:00 pm) Monday - Friday or the Police Department at (248) 246-3500 any other time. A Sewer Department representative will respond to your emergency. If the problem exists in the main sewer line, a City crew will clear the line. If the problem is in the property owner's sewer line, it is the homeowner's responsibility to call either a plumber or a sewer cleaning company. For full details on sewer emergency procedures, consult the City's website at www.romi.gov.

Residential Cross Connection Control Program

The City of Royal Oak is required under Public Act 399, Part 14, to maintain a cross connection control program to identify and eliminate any possible connections that could contaminate the public water system.

To fully comply with this state mandate, the city has contracted with HydroCorp of Troy, MI to assist with facilitating a Cross Connection Control Program.

Inspectors from HydroCorp will be in Royal Oak neighborhoods reviewing exteriors of homes for connections that could possibly contaminate the water distribution system. A typical site visit lasts approximately five minutes and the inspector will be looking at exterior garden hose connections, lawn sprinkler systems, and any other water sources.

There are no fees for the inspection; however, in circumstances where cross connections exist, any costs associated with the replacement, modification, installation and/or testing of backflow prevention assemblies remain the obligation of the homeowner.

The city's website has answers to frequently asked questions regarding the Cross Connection Control Program at www.romi.gov/cccp. Informational brochures may also be picked up at the Royal Oak Public Library and at City Hall.

Additionally, residents may call HydroCorp directly at 1-800-690-6651 or email residential@hydrocorpinc.com. You can visit HydroCorp's website at www.hydrocorpinc.com/resources/faq.



Help Protect Our Environment: Keep Drains Clear of Fat, Oil & Grease (FOG) and Flushable Wipes (FW)

Fat, oil and grease (FOG) and Flushable Wipes (FW) in sewer pipes can create severe pollution and sewer problems in our City. FOG & FW enters sewer pipes through restaurant, residential and commercial drains. Once in the sewer, FOG sticks to the pipes and thickens which can build up and eventually block the entire pipe. FW can easily get stuck on FOG and other items within the sewer pipe compounding the problem. Blockages can send sewage backward – out of manholes into streets, rivers or into homes.

Impact of FOG & FW

Preventing sewer backups from FOG & FW blockages saves residents money and protects the environment. When sewer pipes on private property back up, the homeowner is responsible for the cleanup. If you regularly pour grease or FW down the drain, it will form a blockage in the sewer pipe which then backs up through floor drains, toilets and/or at the lowest point in the house. A plumber will have to be hired to clean the sewer and possibly repair plumbing inside the home.

Sources of FOG

Fat, oil and grease are by-products of cooking found in: food scraps, meat fats, lard, cooking oil, butter, margarine or shortening, etc.

“Flushable” Products

Wet wipes, which are used for everything from wiping babies’ bottoms to removing makeup to quick house cleaning are labeled “flushable.” The problem is they’re really not – at least not the way toilet paper is. They may be flushable, but they are not biodegradable (like toilet paper) and are clogging sewer systems across the state and country. The phenomenon, which local officials call ragging, is causing major clogging problems. All it takes is one wipe to catch on a tree root or any other debris in the sewer system and then wipes or other items pile on each other causing a blockage. If residents think “out of sight, out of mind, it’s not my problem” they are mistaken. If a main sewer line gets dammed by a pile of wipes, then eventually

it will back up into private sewer lines which will cause a back-up in people’s homes.

Unfortunately, the most frequently found items in sewer systems are paper towels/napkins, baby wipes, feminine hygiene products and household wipes which don’t deteriorate like toilet paper does. The only items that should be flushed is toilet paper and human waste; please throw everything else in the garbage.

Keep Drains Clear by Following These Tips

1. Pour or scrape greasy or oily food waste into a container or jar.
2. Allow grease to cool/freeze in a container before throwing in the trash.
3. Mix liquid vegetable oil with an absorbent material such as cat litter or coffee grounds in a sealable container before throwing in the trash.
4. Keep drains clean by pouring ½ cup baking soda down the drain followed by ½ cup vinegar. Wait 10 – 15 minutes and then rinse with hot water.
5. Do not put any flushable products down the drain, please throw in the trash.

Recycling & Trash Compactors at Park Shelters

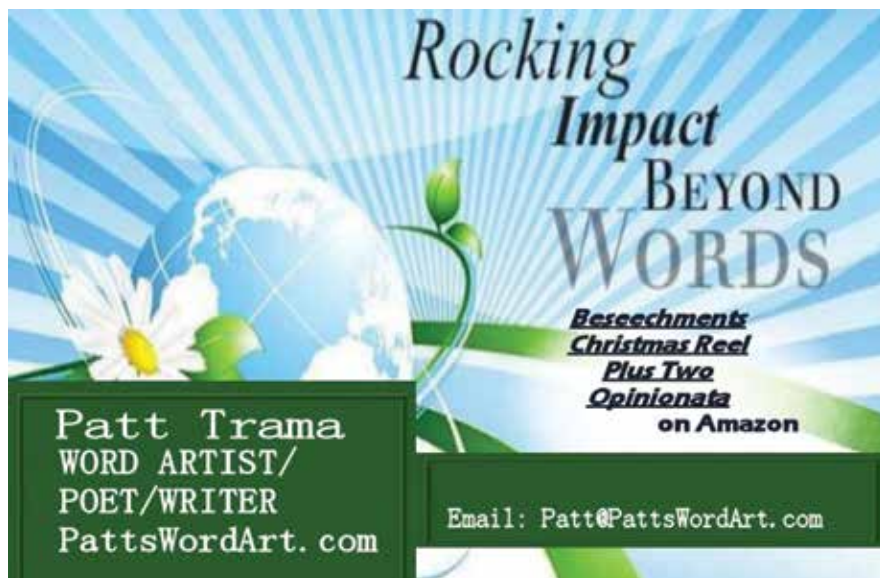
Please put **RECYCLING** through blue door:

- Empty juice boxes (discard straws & juice pouches)
- All empty plastic bottles
- Clean paper products (paper decorations, boxes, etc.)
- Empty paper & plastic cups & lids (coffee, pop, etc. ~ discard straws)
- All clean aluminum containers
- Pizza boxes without grease or food (discard liners & white pizza saver)
- Plastic veggie & fruit containers
- Wrapping paper (no foil paper, ribbon, bows, etc.)

Please put **TRASH** through black door:

- All paper & plastic plates
- Styrofoam containers (or take to SOCRRA)
- All silverware, serving utensils, etc.
- Napkins, paper towels
- All food
- Snack food bags (potato chip, etc.)
- Plastic tablecloths
- Plastic bags (or take for recycling)
- Soiled food containers (aluminum, plastic, trays, etc. If clean, can be recycled)
- All straws
- All non-paper decorations

WHEN IN DOUBT THROW IT OUT!
(otherwise it contaminates the load and
will be discarded)





At Your Service

Emergency Calls Only Police, Fire & Ambulance	911
General Information	248-246-3000
Animal Complaint	248-246-3500
Animal Shelter 1515 N. Edgeworth.	248-548-3058
Assessor	248-246-3110
Building Inspection	248-246-3210
Building Inspection Requests	248-246-3234
Building Inspection Fax	248-246-3006
Cable TV (WROK) 203 S. Troy St.....	248-246-3040
Questions regarding Comcast.....	800-934-6489
Questions regarding WOW	866-496-9669
City Attorney	248-246-3240
City Clerk	248-246-3050
City Manager	248-246-3200
Code Enforcement	248-246-3210
Code Enforcement 24-hour Hotline	248-246-3238
44th District Court	248-246-3600
Probation, 400 E. 11 Mile	248-246-3670
Engineering	248-246-3260
Farmers Market 316 E. 11 Mile.....	248-246-3276
Finance	248-246-3030
Fire Department 215 E. Sixth St.	
Emergency.....	911
Non-Emergency.....	248-246-3800
Fire Prevention Bureau	248-246-3810
Housing Assistance - Rehabilitation Loans	248-246-3130
Human Resources	248-246-3070
Ice Arena 1403 Lexington Blvd.....	248-246-3950
Information Systems	248-246-3080
Landlord Licensing Program	248-246-3210
Library 222 E. 11 Mile Rd.	248-246-3700
Mahany-Meining Sr./Community Center 3500 Marais.....	248-246-3900
Mayor	248-246-3200
Orson Starr House 3123 N. Main St.....	248-588-0170
Parks & Forestry	248-246-3300
Planning & Zoning	248-246-3280
Police Department 450 E. 11 Mile Rd.	
Emergency.....	911
Non-Emergency	248-246-3500
Community Policing.....	248-246-3524
Detective Division	248-246-3515
Record Division	248-246-3530
Snow Emergency Announcement.....	248-246-3442
Traffic Safety Division.....	248-246-3505
Public Service Department 1600 N. Campbell	
Highway Maintenance	248-246-3300
Parks & Forestry.....	248-246-3300
Recycling & Refuse Collection	248-246-3300
Sewer Maintenance.....	248-246-3300
Water Maintenance	248-246-3300
Emergencies between 4:00 pm - 7:30 am & weekends.....	248-246-3500
Purchasing	248-246-3030
Recreation 1600 N. Campbell.....	248-246-3180
Royal Oak Golf Course 3417 Don Soper Dr.	248-554-0019
Salter Community Center 1545 E. Lincoln.....	248-246-3180
Senior Citizen Programs 3500 Marais.....	248-246-3900
Street Lighting Outage - DTE Energy	800-477-4747
TDD (Hearing Impaired)	248-246-3010
Treasurer	248-246-3140
Voter Registration	248-246-3050
Water Bills	248-246-3160
Youth Assistance 1601 N. Campbell.....	248-546-8282
Website	www.romi.gov

City of Royal Oak Home Improvement Program

Loans and forgivable loans are available through the City's Housing Office to help qualified homeowners repair their homes. The Home Improvement Program is intended to maintain and improve the City's neighborhoods by helping low- and moderate-income homeowners make necessary repairs. Eligible applicants must be the owner and occupant of a single-family home in the City of Royal Oak with a household income within the established guidelines.

INSTALLMENT LOANS/FORGIVABLE LOANS: Regular monthly installment loans up to \$40,000 with 0% interest and forgivable loans require applicants to be the owner and occupant of a single-family home with a total household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$44,000	4	\$62,800
2	\$50,250	5	\$67,850
3	\$56,550	6	\$72,850

DEFERRED LOANS: Homeowners may be eligible for a deferred loan up to \$40,000. These loans have a interest rate of 3%, interest starts when payment begins. The loan becomes due for a period of time as determined by the Loan Committee. Applicants for deferred loans must have a household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$27,500	4	\$39,250
2	\$31,400	5	\$42,400
3	\$35,350	6	\$45,500

Forgivable loans are available for qualified exterior work up to \$10,000; the income qualification is the same as the installment loan.

The City assists determining the work necessary to selecting a contractor. Applicants are not required to put money down or pay fees usually charged by private lenders. Mortgages and Liens are placed on the property.

Home improvements are to correct health and safety violations, provide for structural preservation, energy conservation or handicapped access. The program is also equipped to address lead-based paint hazards. These are some eligible improvements:

ROOF	PLUMBING/SEWER
SIDING	FURNACE/ AIR CONDITIONING
WINDOWS	ELECTRICAL UPDATE
INSULATION	KITCHEN UPDATE
PORCH REPAIR	BATHROOM UPDATE
DRIVEWAY	BASEMENT WATERPROOFING

The City maintains a list of qualified general contractors who are responsible for all of the trades involved in residential construction. The program will provide a loan or grant up to the amount of the lowest, viable bid.

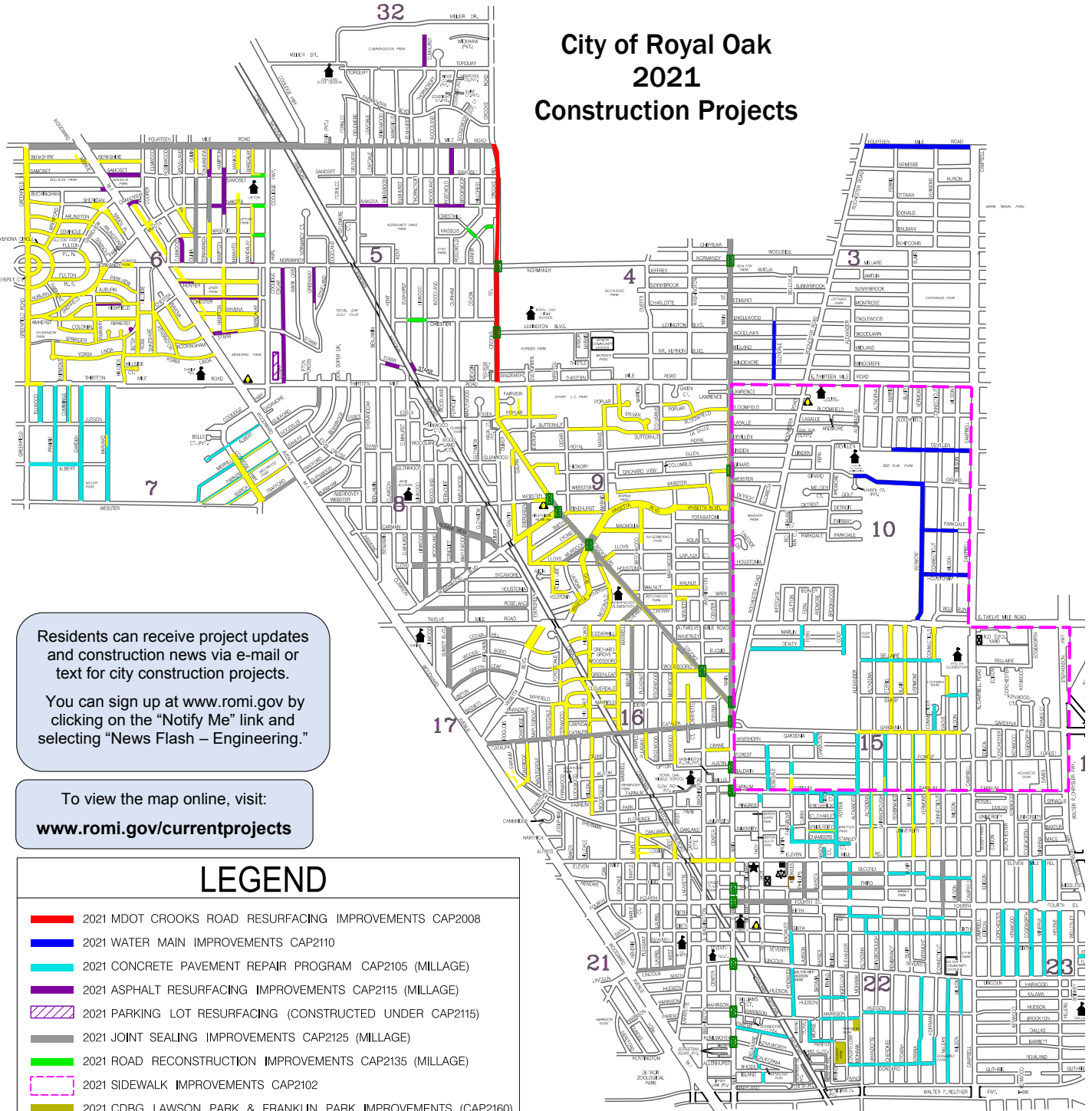
For more information call (248) 246-3292 or visit www.romi.gov



Non-English speaking or hearing impaired and disabled persons wishing to arrange translation or interpretive services may inform the City Clerk's Office. The City Clerk may be reached at (248) 246-3050 or (248) 246-3010 for telecommunications device for the Deaf (TDD).



City of Royal Oak 2021 Construction Projects





Royal Oak 2021 Construction Projects

Local Road Improvements

The Royal Oak Engineering Division will continue a series of road improvement projects this spring. This construction season will be the seventh year of the 10-year road millage (2.5 mill).

Concrete Pavement Repair Projects: These streets will have selected deteriorated areas of pavement removed and replaced with concrete for an estimated construction cost of \$1.4 million. On the adjacent project map these streets are shown in light blue.

Asphalt Resurfacing Projects: These streets will have minor concrete base repairs and partial curb replacement followed by asphalt milling and resurfacing with hot mix asphalt. These streets are shown in purple on the adjacent project map. The estimated construction cost is \$2 million.

Concrete Road Reconstruction Projects: Pavement on these streets will be completely removed and new concrete pavement installed. On the adjacent project map, these streets are shown in green. The estimated construction cost is \$800,000.

Joint Sealing Projects: These streets are in fairly good condition and will be joint sealed to extend the service life of the pavement. Streets that were newly resurfaced in 2020 will also be joint sealed. In addition to millage funds, major road funds will be used to joint seal several major roads. On the adjacent project map, these streets are shown in gray. The total estimated cost is \$300,000.

Major Road Improvements

Crooks Road Resurfacing: Crooks Road will be resurfaced from 13 Mile Road to 14 Mile Road this summer and is a federally funded project. The project also includes water main replacement on Crooks Road between Nakota Road and 14 Mile Road. The estimated construction cost is \$2.9 million, with approximately 66% covered by federal funding and 34% covered by Royal Oak.

Sidewalk Improvements

The city will begin the new six-year sidewalk program this summer in the neighborhoods outlined in pink on the adjacent project map. Property owners will receive a construction notice in the spring with their estimate for sidewalk work. You can find more information regarding the sidewalk program including criteria, timeline, and forms at www.romi.gov/sidewalks.

The city also operates a prepaid public sidewalk and approach replacement program for those property owners who want this type of work performed at their properties in Royal Oak. Contact the engineering division for more information.

Water Main and Sewer Projects

2021 Water Main Improvements Project: Improvements will take place on various streets as shown on the adjacent project map to replace or install new sections of water main. In addition, the proposed millage improvements scheduled for each of the streets will be incorporated as part of the project. The estimated construction cost is \$3.6 million.

2021 Sewer Preservation Projects: Sewer televising, spot sewer repairs and sewer lining will take place on various public sewers throughout the city as part of an ongoing sewer maintenance and improvement program to preserve, stabilize, improve flow and enhance the conditions of public sewers. The cost of these projects is estimated at approximately \$1.6 million.

Other Projects

In addition to road, sidewalk and utility improvements, the City of Royal Oak has additional projects scheduled to begin this spring.

CDBG Park Improvements: The city received funds from the Community Development Block Grant program (CDBG) to improve Lawson Park and Franklin Park. Improvements include new play structures, workout areas, basketball and tennis courts, and improvements to the baseball field. The project also includes landscaping improvements at the existing berms in the surrounding neighborhood. This work is federally funded with no cost to the city or the adjacent property owners.

Traffic Signal Improvements: The city will be upgrading traffic signals along the corridors of Main Street and Crooks Road in 2021 to improve traffic signal infrastructure and traffic flow through the corridors. The construction work is estimated to cost \$1.6 million with approximately 61% funded by a Congestion Mitigation and Air Quality (CMAQ) grant, 33% funded by the Downtown Development Authority (DDA) and 6% funded by the city.

Other Utility Improvements

Consumers Energy has scheduled a major gas infrastructure replacement project throughout almost half of the city. This work is being paid for and performed by Consumers Energy and is shown in yellow in the adjacent project map. Consumers Energy will be providing more information via mail to affected residents.

What to Expect

The city mails out construction notices to affected properties in the spring that provide detailed information for nearby projects. During construction, residents may receive 24-hour advance notices via door hangers if driveway access will be affected or a water shut-off is planned.

The engineering division wishes to thank residents in advance for their patience and cooperation as the city moves forward with construction. If you have any questions, you can contact the engineering division at **248-246-3260** or engineering@romi.gov.

Residents can visit www.romi.gov/currentprojects to find the most up-to-date information, copies of construction notices, weekly project updates and other general project information.



FARMERS MARKET

Locally grown produce and plants are in abundance at the Royal Oak Farmers Market. Every Saturday more than 30 Michigan farmers set up their booths offering everything from apples to zucchini. Most are picked within 24 hours of purchase. In addition to produce, there are several vendors selling antibiotic- and hormone-free meats, free range eggs and chicken, cheeses, freshly made salsa, baked goods, and much more. **For more information, please call (248) 246-3276.**

Open All Year!

Farmers & Specialty Food Vendors are at the market

- Fridays, 7:00 am - 1:00 pm, May - Thanksgiving
- Saturdays, 7:00 am - 1:00 pm, All year

Antique & Collectible Vendors are at the market

- Sundays, 8:00 am - 3:00 pm

Calendar of Events at the Market:

March

6 Sat Royal Oak Toy Show (9:00 am - 2:00 pm)

April

1 Thurs Easter Food Favorites Drive Up (1:00 - 8:00 pm)

14 Wed **Food Truck Rally (5:00 - 9:00 pm)**

May

12 Wed **Food Truck Rally (5:00 - 9:00 pm)**

20 Thurs 5th Annual Greater Detroit VegBash Plant Based Food Festival (3:00 - 9:00 pm)

June

9 Wed **Food Truck Rally (5:00 - 9:00 pm)**

20 Sun Metro Detroit Pierogi Party (3:00 - 9:00 pm)



Like us on Facebook!

Think Spring!

"Adopt a Park for a Day" April 24 & 25, 2021

The City of Royal Oak is having **Spring Park Cleanup Days on April 24 and 25, 2021**. The City is looking for individuals as well as volunteer groups to adopt a park for an hour or a day to pick up any debris and leaves for City crews to dispose of.

Where do I sign up?

If you are interested, you may register by calling the DPS at (248) 246-3300 between 7:30 am and 4:00 pm. Pick a park anytime prior to April 22.

There are 50 parks in the City of Royal Oak and we would appreciate any help you can give. Please call today to reserve a park!

3 TOURS. 2 PURPLE HEARTS. 1 EVICTION NOTICE.



When my landlord found out I had Post-Traumatic Stress Disorder (PTSD), I received an eviction notice. That's when I called HUD for help. If you feel that you've been discriminated against because of a mental or emotional injury or disability, report it to HUD or your local fair housing center.

Visit hud.gov/fairhousing or call the HUD Hotline **1-800-669-9777** (English/Español)

FAIR HOUSING IS YOUR RIGHT. USE IT!



A public service message from the U.S. Department of Housing and Urban Development in partnership with the National Fair Housing Alliance. The federal Fair Housing Act prohibits discrimination because of race, color, religion, national origin, sex, familial status or disability. For more information, visit www.hud.gov/fairhousing.



Spring 2021

You Should Know...

Curbside Pickup Hours

Monday - Thursday, 10:00 am - 8:00 pm

Friday & Saturday, 10:00 am - 5:00 pm

Saturday, 1:00 - 4:00 pm

Building is closed until further notice.

Holiday Closings

For Easter, the library is closed

Good Friday, April 2 through

Easter Sunday, April 4.

For Memorial Day, the library is closed

Saturday, May 29 through Monday, May 31.

You can:

- Renew books online at ropl.org
- Renew books by phone 24/7 at 888-672-8983
- Get extended checkout periods when you are going to be out of town
- Download FREE eBooks, eAudiobooks, and eMagazines

Call 248-246-3700 for details.



Royal Oak

222 E 11 Mile Road
Royal Oak, MI 48067
248.246.3700
www.ropl.org

ROPL Event Highlights

Royal Oak Public Library offers programs for all ages. Visit ropl.evanced.info/signup for the entire list and to sign up. Here are some spring highlights:



Kids

Virtual Dr. Seuss Birthday Party

Families are invited to join us on **Tuesday, March 2 at 7:00 PM** for stories, rhymes, and crafts, and discover some Seuss trivia! Wear your Dr. Seuss character costume if you have one!

Up with Unicorns!

Join us on **Tuesday, April 6 at 7:00 PM** for all things magical and shiny as we celebrate National Unicorn Day with songs, stories, fingerplays, and a unicorn craft!



Story Times

Watch on Royal Oak Public Library's YouTube page for new story times added each week.

Family Story Time: Mondays at 10:15, March 1-April 26

Baby Size!: Thursdays at 10:15, March 4-April 29

Teens

DIY Miniature Harry Potter Boxed Set

On **Thursday, March 25 at 7:00 PM**, teens ages 11-18 are invited to make this incredibly realistic miniature Harry Potter boxed set with provided printables and supplies.

Wish Bracelets



The idea behind a wish bracelet is that you make a wish, and tie it on. Eventually, the hemp wears out and you will lose the beads. When this happens, your wish is "released" and is supposed to come true. On **Thursday, April 15 at 7:00 PM**, teens ages 11-18 are invited to join the Zoom meeting for instruction with Miss Becca.

Adults

Celebrate Women's History Month

A visit from Elizabeth Cady Stanton on Tuesday, March 9 at 7:00 PM

Women in the Ancient World: You've Come a Long Way, Baby! on Thursday, March 11 at 7:00 PM

Title IX, June 23, 1972 on Tuesday, March 23 at 7:00 PM

Computer Essentials for Older Adults and Seniors

This Senior College (ages 65 and over) is for seniors and other interested adults. Sign up for all seven weeks: **Mondays, April 5 through May 17 at 11:00 AM**. A Certificate of Achievement will be e-mailed to you! Instructor **Mike Wilson** has taught hundreds of seniors during computer workshops in about 40 cities in southeastern Michigan!



City Of Royal Oak
203 S. Troy St., P.O. Box 64
Royal Oak, MI 48068-0064

City Hall Office Hours

Visit romi.gov
for current office hours.

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Warren, MI

5 Things Every Royal Oak Senior Should Know

PAGE 19

Parking Lot Concert

with Kerry Price
on the piano

PAGE 15

Mackinac Island Grand Experience

Indulge yourself for 3 nights
PAGE 14

Watercolor Classes

Beginners through advanced
artists are welcome to enroll
PAGE 16

Support Resources

PAGE 13



NEWS FOR SENIORS IN EVERY ISSUE